



Timothy Armon, LCSW

Psychotherapist

Tim is a licensed Clinical Social Worker that is comfortable helping clients navigate a variety of life struggles but specializes in treating substance abuse, eating disorders, and mood disorders with trauma informed care. Tim has a versatile approach to recovery, including methodology from Buddhist based 12-step recovery approaches, and other evidence-based practices. Tim brings intentional living to every conversation he has with clients to help them make positive changes in their lives and to forge deeper bonds with self and others.

Tim earned a bachelor's in social work from Northeastern Illinois University in 2018. I continued my education and went on and graduated with a master's in Social Work in 2019 from Loyola University Chicago.

Tim primarily works adults from all walks of life and takes every opportunity to integrate clients into their community to connect clients with compressive supports that can serve clients long-term and make them feel a part of the world they live in. A common approach for Tim to deploy while serving his clients is mindfulness, positive psychology, solution focused, narrative therapy, and dialectical behavioral therapy.

Tim grew up in the south suburbs of Chicago and has lived in the city of Chicago for the past eight years. When not working, Tim is an avid outdoors person that enjoys climbing, seeing live music, and doing pottery. Tim also enjoys spending time with my cat Lucy, family, and friends.

For any questions, please do not hesitate to reach out.

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